



Denise Chavez, M.A. Outreach Coordinator
Ashley O'Bryan, California Parent Leadership Team®



History, Legacy and Promise: Jolly K, The Original Parent Leader

- Founded in 1969 by courageous mother Jolly K and Social Worker Leonard Leiber
- Child in foster care
- Frustrated with traditional therapy
- Developed Mutual Support and Shared Leadership® Model
- Testified in Congress about her personal journey
- Inspired millions all around the world
- Launched a worldwide network
- Interviewed by Los Angeles Times, Life Magazine, 60 Minutes, and Nightline

“Dedicated to the millions of parents and children who turned their lives around through Parents Anonymous® and the many more who will reach out, strengthen their families, and change communities through this vital prevention program.”

Jolly K., Founder of
Parents Anonymous®
Inc.



VISION

We envision a just society where everyone thrives in resilient families and communities.

MISSION

To ensure meaningful shared leadership® with Parent and Youth Leaders that results in better outcomes for families and communities by advocating, implementing and evaluating across family serving systems through evidence-based Parents Anonymous® Groups, National Parent Helpline®, Shared Leadership® in Action and National Certification of Parent Leaders and Staff.

“Every child deserves to grow up in a safe, stable and nurturing environment free from fear, abuse and neglect”

Governor Gavin Newsom, April 13th, 2020

As a result of the COVID-19 Pandemic, Parents Anonymous® Inc. received funding to provide Statewide Evidence-Based Emotional Support for diverse Parents and Youth through the California Parent & Youth Helpline (Calls, Texts, and Live Chats in any language) and Online Weekly Parents Anonymous® Groups (in English and Spanish) which build on the strengths of families by significantly:

- Reducing social isolation, anxiety, stress, fear, and uncertainty
- Improving resilience, family functioning, knowledge of child development and parenting
- Mitigating the impact of and preventing Adverse Childhood Experiences
- Restoring hope, confidence, and well-being

First Partner of California: Jennifer Siebel Newsom



“As a Mother of 3 from Fresno, I called the Helpline because my 16-year-old daughter’s behavior was out of control. She was leaving the house without a mask to hang out with friends, drinking alcohol, and I was scared she would bring COVID-19 into our home. The Helpline Counselor listened to me express my frustration and more importantly helped me brainstorm new ideas to improve communication with my daughter. After calling, I felt recharged and optimistic that I would be able to help my daughter get through this rough patch.”

Services

Weekly Evidence-Based Parents
Anonymous® Adult Parent Groups

Weekly Evidence-Based Parents
Anonymous® Children & Youth Groups

California Parent and Youth Helpline



Serving All 58 Counties in California



OPEN 7 DAYS A WEEK



OPEN 8 AM TO 8 PM



TRAINED AND
COMPASSIONATE
COUNSELORS PROVIDE
EVIDENCE BASED
EMOTIONAL SUPPORT &
RESOURCE REFERRAL



CALL, TEXT, CHAT & EMAIL



CAPARENTYOUTHHELPLINE.ORG



EMOTIONAL SUPPORT IN
ENGLISH, SPANISH AND ALL
OTHER LANGUAGES

California Parent and Youth Helpline

- Trained and compassionate Helpline Counselors provide Evidence-Based Emotional Support & Resource Referral via calls, text chat & email.
- Counselors utilize Parents Anonymous® Therapeutic processes: Mutual Support, Parent Leadership, Shared Leadership®, Personal Growth & Change to support Parents, Caregivers, Children and Youth on the California Parent and Youth Helpline.
- Counselors provide resource referral to support parents, caregivers, children and youth through linkage to local services such as housing, food, employment, and childcare assistance, child support services and legal counsel for custody and child welfare, and local long term mental health care referrals.

Parents Anonymous® Online Parent Support Groups

- Each Parents Anonymous® Group has a professionally trained Group Facilitator, who is also a member of the community and works in Shared Leadership® with the Parent Group Leader each week.
- The Monthly Themes, which include topics such as 'healthy eating' and 'fostering learning,' shape the focus of Parents Anonymous® Weekly Groups. Online groups are free of charge and open to California State residents across all 58 counties.

Evidence Based Uniqueness



Strength-Based Goals for Parents Anonymous® Adult and Children & Youth Groups



10. Prevent and intervene
in domestic violence

1. Increase protective factors and reduce risk factors
2. Improve family functioning
3. Mitigate the impact and prevent adverse childhood experiences (ACEs)
4. Prevent and intervene in substance use disorders
5. Enhance health and mental health well-being
6. Initiate **Mutual Support** by dropping into their bodies to identify and express underlying emotions and share experiences
7. Develop leadership by becoming aware and implementing solutions to become empowered
8. Foster **Shared Leadership®** to build a sense of belonging, trust, and community
9. Create and sustain happiness, joy, and hope to promote **Personal Growth and Change**



10. Improve school
performance and
develop positive peer
relationships

Guiding Therapeutic Processes of Parents Anonymous® Inc.



■ **MUTUAL SUPPORT:** The giving and getting of help and emotional support, dropping into one's body to express underlying feelings, reaching out to one another, and sharing of personal experiences to build self-confidence.



■ **PARENT LEADERSHIP:** Developing awareness to seek and implement solutions to become empowered; building on strengths to sustain positive parenting and youth attitudes and behaviors to nurture oneself and their children & youth.



■ **SHARED LEADERSHIP®:** Building a sense of belonging, trust and community, keeping each other accountable and engaging in meaningful roles and responsibilities for parents, children and youth to work successfully together with each other and staff.



■ **PERSONAL GROWTH AND CHANGE:** Building resiliency, improving family functioning, mitigating and preventing Adverse Childhood Experiences and enhancing health and mental health well-being.



How
Does Parents
Anonymous®
Incorporate
Trauma
Informed
Practices?

- Build Resiliency:
 - Recognizing personal strengths
 - Addressing challenges
 - Moving forward
 - To ensure positive outcomes

**Trauma-Informed
Approach to
Achieve
Positive Outcomes:**

Realizes the widespread impact of trauma and understands potential paths for recovery

Recognizes the signs and symptoms of trauma in participants, families, staff, and others involved with the system

Responds by fully integrating knowledge about trauma into policies, procedures, and practices

Research Results for Parents & Children & Youth:

Reduce

Risk factors

Increase

Protective Factors

Mitigate

the impact and prevent Adverse Childhood Experiences

Increase

family functioning

Reduce

Substance Use Disorders and Domestic Violence

Enhance

Well-Being

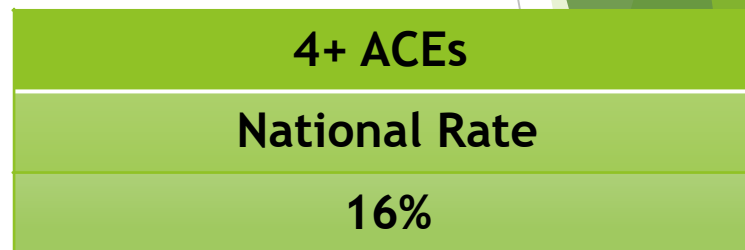
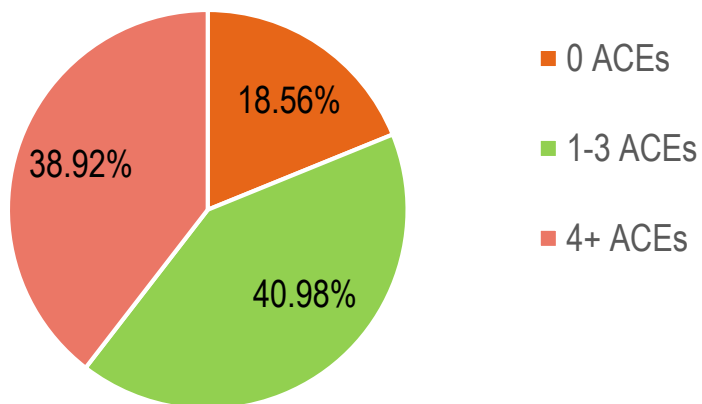
A photograph showing a man with dark curly hair and a white shirt looking at a tablet. Two young children, a girl with curly blonde hair and a boy with dark skin, are also looking at the tablet. The scene is set against a plain white background.

Parents Anonymous®: Effectively Preventing and Treating Child Abuse and Neglect by Strengthening Families



Parents & Caregivers Attending Parents Anonymous® Groups in California: ACEs (N = 388)

Parents Anonymous® Parents Reporting 0, 1-3 and 4+ ACEs



Note. National rate based on statistics reported by the Center for Disease Control and Prevention (CDC), 2019 (<https://www.cdc.gov/vitalsigns/aces/>).



Protective Factors



PARENTAL
RESILIENCE (PR)



SOCIAL
CONNECTIONS
(SC)



CONCRETE
SUPPORTS IN
TIMES OF NEED
(CS)



SOCIAL AND
EMOTIONAL
COMPETENCE OF
THE CHILD
(SECC)

PARENTS (N = 348)

For each protective factor, Family Functioning (FF), and Personal Growth and Change (PGC), there was:

- Significant **improvement** over time (PRE vs. POST)
- Significant **differences** between attendance groups (high vs. low attendance)
- Significant **interaction** between attendance group (high vs. low attendance) and time (PRE vs. POST) (i.e., parents in the high attendance group improve at a faster rate)

Behavioral & Emotional Functioning



CHILD
RESILIENCE (CR)



EMOTIONAL
HEALTH (EH)



TEMPERAMENT
(TMP)



SOCIAL
CONNECTIONS
CHILD (SCC)

CHILDREN (N = 616)

- Children whose parents had high attendance saw greater improvement in behavioral and emotional functioning on almost every composite relative to those who had low attendance
- The degree to which parents are taking steps to address at least one of their children's physical health concerns significantly increased as a function of participation
- Child maltreatment was prevented as a result of Parents Anonymous® attendance

Center for Assessment, Research & Evaluation (CARE), CSUN & Parents Anonymous®: October 2019 Evaluation Brief

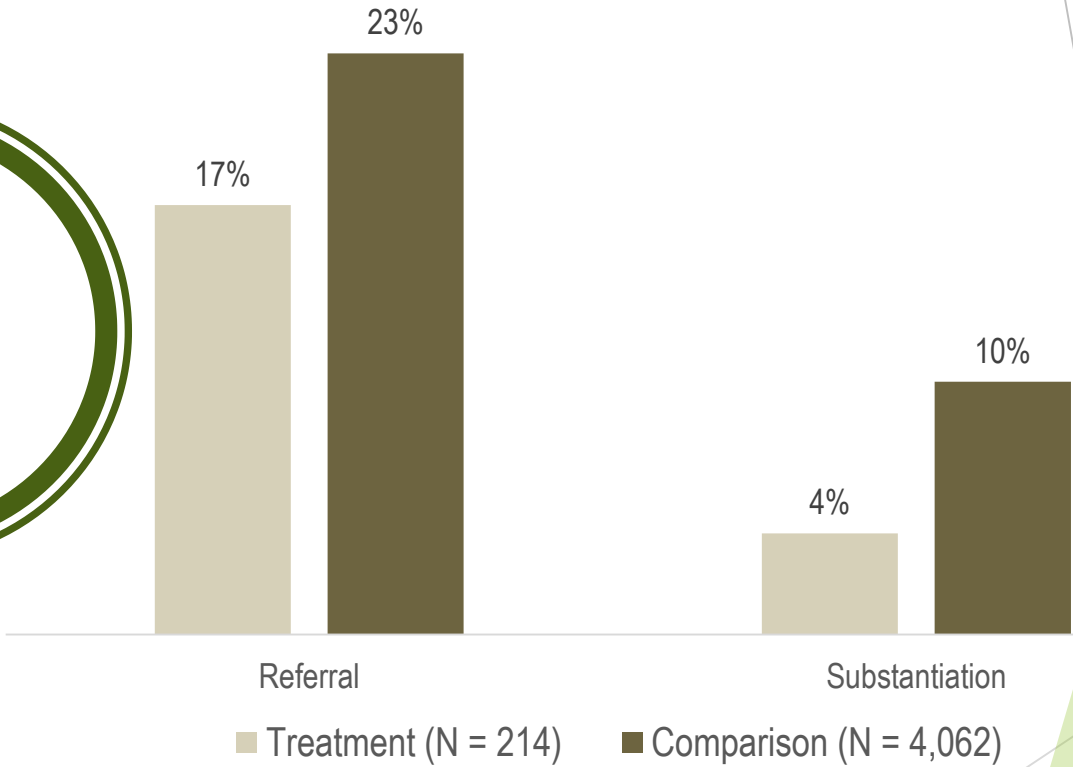




The Impact of Parents Anonymous® on Child Safety and Permanency

Findings

12 Months





- Parents involved in Parents Anonymous® were significantly less likely to have a subsequent child welfare referral or substantiated maltreatment finding at the 12-month follow-up period compared with parents who did not participate in Parents Anonymous®
- Overall findings suggest that participation in Parents Anonymous® may have a *positive, long-term impact* on improving safety for children whose parents were investigated by the child welfare system



8am-8pm Monday-Sunday

CALL, TEXT, CHAT AND JOIN AN
ONLINE PARENTING GROUP FOR
EMOTIONAL SUPPORT NOW!

caparentyouthhelpline.org
info@caparentyouthhelpline.org

Asking for Help is a Sign of Strength[®]



8am-8pm Lunes-Domingo

**! LLAME, ENVÍE UN MENSAJE DE TEXTO O
CHATEE EN VIVO AHORA, O PARA
REGISTRARSE EN GRUPOS VIRTUALES DE
APOYO EMOCIONAL PARA PADRES!**

caparentyouthhelpline.org
info@caparentyouthhelpline.org

Pedir Ayuda Es Un Signo De Fortaleza®



Thank You

- For all Outreach Inquiries or for Partnership Opportunities, please contact
- Outreach Coordinator, Denise Chavez



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